

Mental Health Supports Module

SUPPLEMENT 1

**Please mark one answer for each statement unless it says to mark all that apply.
You do not have to answer any questions you don't want to answer.**

The next questions ask about when you or someone you know was having a hard time and feeling very sad, stressed, lonely, or depressed.

1. **In the past month, how often did you feel very stressed?**
 - A) Never
 - B) Sometimes
 - C) Most of the time
 - D) All of the time
2. **In the past month, how often did you feel very lonely?**
 - A) Never
 - B) Sometimes
 - C) Most of the time
 - D) All of the time
3. **Do you know who to get help from at school when you feel very sad, stressed, lonely, or depressed?**
 - A) No
 - B) Yes
4. **If someone your age felt very sad, stressed, lonely, or depressed, could talking to an adult help them feel better?**
 - A) No
 - B) Yes
 - C) I don't know
5. **If someone your age felt very sad, stressed, lonely, or depressed, would kids at your school be nice to them?**
 - A) No
 - B) Yes
 - C) I don't know
6. **If you felt very sad, stressed, lonely, or depressed, could talking to an adult help you feel better?**
 - A) No
 - B) Yes
 - C) I don't know

Mental Health Supports Module

SUPPLEMENT 1

7. **If you felt very sad, stressed, lonely, or depressed, would kids at your school be nice to you?**
- A) No
 - B) Yes
 - C) I don't know
8. **If you felt very sad, stressed, lonely, or depressed, would you... (Mark All That Apply.)**
- A) talk to a teacher or another adult from your school?
 - B) talk to your parents or someone in your family?
 - C) get help from a counselor or therapist?
 - D) talk to your friends?
 - E) be afraid to get help?
 - F) not know what to do?
9. **In the past year, did you want to talk to a counselor or therapist about your feelings?**
- A) No
 - B) Yes
 - C) I don't know
10. **In the past year, did you get help from a counselor or therapist when you needed it?**
- A) No, because I didn't need help
 - B) No, I didn't get help when I needed it
 - C) Yes, I got help when I needed it
11. **In the past year, where did you get help from a counselor or therapist? (Mark All That Apply.)**
- A) Nowhere
 - B) At school (in person, by phone, or online)
 - C) From a counselor or therapist not from my school (in person, by phone, or online)
 - D) Somewhere else
 - E) I don't know
12. **In the past year, did an adult at school refer or connect you to a counselor or therapist outside of school to talk about your feelings?**
- A) No
 - B) Yes
 - C) I don't know

This survey was created in 2016 and revised in 2020 by the California Department of Education (CDE) and University of California, San Francisco Institute for Health Policy Studies (UCSF) with funding from the Substance Abuse and Mental Health Services Administration (SAMHSA).